SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 16th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 16 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Fri 18 **Track Session with Martin Morley** details
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 22 **Track Session with Steve Smythe** see below
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Track sessions back at Dulwich College Track.
Improve your speed & strength over all distances
Tuesdays with Steve Smythe are suitable for all abilities.

Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

LUCKY VEST

May winner Paul Keating

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT ***NEW KIT*** ***NEW KIT***

We now have lovely new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight

Vests £18 – t shirts £20

Ros

In your *SHORTS* this week !

2 Fixture List
4 Dulwich women snatch gold and bronze
6 Beckenham relays results
7 1066 Relay results
8 Wednesday Night Map to print

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

May 19 Green Belt Relays
Jun 7 Victoria Pk. Assembly League
Jun 9/10 Welsh Castle relays
Jun 22 Club champs 1mile , Dulwich track
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to, **Hugh Balfour, Steve Cook, Paul Devine, Jane Harbage & Andy Murray** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Denise Brady	16/05
Stephanie Burchill	23/05
Lindsey Annable	30/05
Joseph Brady	04/06

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please remember to pay when you sign in. Thanks. – Ros

Wednesday Running Maps

On page 8 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , Xcountry, etc.

Date			Event		Venue
May		19/20	Green Belt Relays		Various
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		Various
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – **Mike**

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Victoria Park on 7th June at 7:30pm. Details to follow.

7 Jun	Victoria Park	7:30
5 Jul	Battersea Park	7:30
2 Aug	Dulwich Park	7:30
6 Sep	Beckenham Sports Club	7:15

Charlie Lound

DULWICH RUNNERS 2012 CLUB CHAMPS

See fixture list for races and dates etc.

Dates for some of the races are provisional, based on last years dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

WELSH CASTLES RELAY

Provisional stage allocations have now been sent to all the runners. If anyone not running fancies a weekend in Wales, we are looking for additional minibus drivers as well as extra cars to help with the transport logistics.

GREEN BELT RELAY, 19-20 MAY

Owing to withdrawals through injury, we are no longer fielding a vets team and are now entering two mixed teams.

Our mixed A team contains many of our strongest men and women and stands a reasonable chance of being amongst the prizes. Revised stage allocations have been sent to all participants.

Jubilee celebrations in and around Windsor have resulted in major alterations to stages 2 and 3.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

We will look to organise our Festival of Running towards the end of Summer as in previous years, hopefully a bigger and better Festival this year. – **Martin Morley**

BUPA London 10km

The following have been entered for the BUPA London 10km on Sunday May 27

Men: Wayne, Tony, Dave B, James G, Duncan H, Steve S

Women: Clare E, Andrea, Ola, Shona, Charlie, Alexie (since withdrawn injured)

"The Big Jubilee Quiz Night"

Hi Everyone

Just a quick note to plug our 'Big Jubilee Quiz Night' at The Edward Alleyn Club on Friday 1st June!

To celebrate the Diamond Jubilee, we'll be providing a quiz night full of great prizes, lots of entertainment and a fantastic set of challenging questions, compered by our very own John Battle.

The night will begin at 7.30pm (quiz from 8pm) and refreshments will be provided.

Entry is £3 per person and teams are limited to four people for each team.

Please pass this message on and sign up early as you can as spaces are limited.

Looking forward to seeing you on the night!

Thanks – Rob

Dulwich W45s win national gold, W55 win bronze
Clare wins Kent 1500m title
Dulwich win Mixed and women's race at Beckenham Relays

British Masters Relay
Sutton Coldfield, May 12

In the home of British road relay running, Dulwich Runners had their most successful ever outing at the National Masters Road Relays at Sutton Coldfield with a gold and a bronze for the women and two top six places for the men as we had teams in four of the races but good next year if we could also field W35 and M35 teams. all the races are held on a lap of just over three miles and it starts with a testing 800m climb.

In 2008, Ros Tabor, Liz Pritchard and Claire Steward won W55 gold (in a still standing record) and then in 2010, we won W35 gold through Clare Elms, Andrea Pickup, Ola Balme and Teresa. Keeping the every two year theme going, this time it was the W45s with two of the W35 team in the W45 squad.

After a little wavering, it was decided Clare should go first and get us off to a quick start in the hope she would get some opposition. This proved a mistake as it was soon clear that no one could match her and without any one vaguely close, she led home not only all the W45s led by former British 10,000m champion Zara Hyde Peters by 44 seconds but all 62 startersby 38 seconds. Her 17:28 proved to be the only sub-18 in her age group and it was only on the fourth W35 leg that Masters international winner Clare Martin went a few seconds quicker.

Ola Balme, the club's most consistent and reliable relay runner over the last decade, found it hard going being so far in front and her 20:01 was down on her recent runs when she was chasing others but the overall lead virtually stayed intact at 36 seconds and we were just over a minute clear in the W45s.

While it seemed a good gap, our final runner Angela Oritsejafor hadn't been in good shape and was only running to help the team after a few others said they couldn't do it. Based on recent form it was expected Angela would run in the mid 22s which a quick calculation as the next four teams set out with much faster runners, suggested we would end up a close but unavailing fifth.

However, Angela had her best run for many years and though losing ground on her pursuers - her nearest one was Windsor's Paula Fudge, the former world 5000m record holder, who had chased Nicola Richmond down a few years ago on the last leg and denied us a medal, but at the finish Angela had 20 seconds to spare over Fudge.

Last year's champions Bristol, Coventry and Thames Hare and Hounds all finished within a minute of Angela and the first five all beat last year's winning time and Angela's 21:01 was far better than expected.

Clare won the fastest lap award though was disappointed to miss the presentation while supporting the men.

W45 (3x3M): 1 Dulwich R 58:30; 2 WSEH 58:50; 3 Bristol & West 59:05; 4 Coventry Godiva 59:25; 5 Thames Hare & Hounds 59:29; 6 Les Croupiers 82:58; 7 Rotherham 64:28; 8 N Derbyshire 64:48; 9 W&B 65:18; 10 R&N 66:20

1st Clare Elms 17:28

1st Ola Balme 20:01

1st Angela Oritsejafor 21:01

Ros Tabor led the W55s off and she was up against a lot of record holders and champions and carrying a hamstring injury and running against medical orders, she still ran a very good 21:06 clocking to set Stephanie Burchill off in a medal position. Stephanie, who had never ran a race of such importance in her near 20 years in the club, wasn't confident after persistent injuries but she ran as well as she could and her hard working 25:44 kept us in the medal hunt in sixth.

Claire Steward, just a few weeks after being first in her age group in the London Marathon and a win in the Stratford Half, gradually closed on those ahead including Welsh international Edwina Turner, and with a kick up the final hill she overtook Les Croupiers to snatch the bronze by a few seconds, much to delight of all from the club but especially Ros and Stephanie. She timed a very good 21:16.

Yet again the first four teams were all quicker than last year's winning time.
W55 (3x3M): 1 Wolds V 63:21; 2 Bath 65:33; 3 Dulwich 68:06; 4 Les Croupiers 68:09; 5 Rotherham 71:38; 6 Westbury 71:43; 7 B&B 75:08; 8 Barnet 78:59; 9 Spectrum 81:19
3rd Ros Tabor 21:06
6th Stephanie Burchill 25:44
3rd Claire Steward 21:16

The M55 team were always in medal contention themselves. Nick Brown isn't in his form of five years ago when he came home second in the M50s, but, with good timing,competing on his 55th birthday he had his best run for a while. He timed 17:59 which placed us fifth in the M55s.
Adrian Greer, who also had his best relay run here five years ago, had one of his best runs since and though struggling in the last mile after an aggressive start, he held on well with a 17:47 and even briefly took the lead but came in a close third.

Neville Webb, who hadn't run at this level since running here four years ago, also had an inspired run(18:53) and this not only retained third spot but opened up a minute gap on those behind. With his speed, Mike Mann is a goodf man for the last leg but he couldn't hold off Salford's final runner who timed the bset of the day of 16:32 and he fell 15 seconds short of a medal as he timed 18:41. With two of the M45 team eligible next year plus Steve Williams and the other Steve Smythe, Dulwich should have a very squad of eight to ten for next year.
M55: 4x3M: 1 Oxford City 72:00; 2 Salford H 72:21; 3 Wesham 73:05; 4 Dulwich 73:20; 5 Preston 74:23; 6 Wirral 74:36; 7 Sheffield 75:24; 8 Rotherham 76:28; 9 South London H 77:27; 10 Barnet 77:35
5 Nick Brown 17:59
3 Adrian Greer 17:47
3 Neville Webb 18:53
4 Mike Mann 18:41

The M45 team were never in the medal hunt, especially after a slow start, but they came through for their best ever position in the M45/M50 race.

Steve Smythe was two minutes down on his 2008 form, though better than recent runs, but his low position did enable Tony Tuohy to overtake 28 runners in the combined M35/M45/M55 races – the most of anyone in any race on the day!
Additionally his 16:28 was the quickest on his leg and moved us up well.
We continued the upward trend with Dave Beaver who timed 17:08 in his first major race for us, though he wasn't at his very best form after recent injury and was the second best on his leg.

Chris Loizou had had a busier week than normal and didn't match his training form and dropped a few places. Duncan Hussey had a very lonely run on the second half. So lonely that he was originally given a time a minute quicker as no one else finished on that minute. His 17:58 though kept us in the top half dozen.

Duncan Wilson, some way down on his potential in recent years after persistent injury, was another running to help the team because other potentially faster runners wouldn't, was another to havean inspired final leg and his 19:30 was far better than anything he has achieved for a very long time and he did what our M55s couldn't do and narrowly held off Salford to make the top six.
M45 (6 x 3M): 1 Leicester C 1:37:48; 2 Bristol & West 1:40:00; 3 Oxford City 1:41:30; 4 Telford 1:42:49; 5 Southampton 1:47:53; 6 Dulwich R 1:48:28; 7 Salford 1:48:32; 8 Birmingham 1:48:39; 9 Wolverhampton 1:49:11; 10 Blackheath & Bromley 1:49:22
22 Steve Smythe 18:33
13 Tony Tuohy 16:28
5 Dave Beaver 17:08
8 Chris Loizou 18:51
5 Duncan Hussey 17:58
6 Duncan Wilson 19:31
Steve Smythe

Beckenham Relays, May 9

Dulwich had a highly successful evening at a dark but not wet Beckenham – we put out seven teams. It should have been eight but a few didn't turn up and others arrived late so the team manager never got a run.

Effort was made to spread the talent out a little rather than just field our best runners in the same team and it worked out well as we were the first women's team, first mixed team and had some of the leading Vets teams.

Mel Edwards led off the A team and did her best to keep us in contention. With the day's fastest women's leg Debbie Niccol moved us within a few seconds of the lead which Shona McIntosh soon went past and gave us a clear win. Shona wasn't quite in her South of England relay winning medal form but was the day's third best woman.

Clare Elms was easily the second fastest woman but she ran the Mixed first leg. With a mile to go she was challenging Charlie for our Vets team and on for a 14:30 time but she found the final hill very tough but was still the leading woman on the leg.

Wayne Lashley pulled our mixed team even further away with another sub-15. Alex Elms, at just 11, anchored the mixed team and he easily had his best run ever and was quicker than all but three of our men runners and brought us easily home as first mixed.

Sutton 10km, May 13

Shona won in a PB.
1W/19 Shona McIntosh 36:29 (36:27 chip) (PB)
49 Rupert Nash 38:30 (38:27)
58 Matt Galvin 39:17 (39:04)
93 Paul Devine 41:27 (41:14)
142 Joseph Brady 44:28 (44:25)
202 Ameet Patel 47:57 (47:53)
421 finished

Southern Vets League, Canterbury, May 14

With just 24 hours recovery, Clare was helping the Cambridge team. She won the B 200 in 30.7, finding it hard off a short warm-up before again running against Cara and this time the pace was slower but she finished well taking a similar margin off the Kent silver medallist as the day before over the last 600 metres.
W35 200B: 1st Clare Elms 30.7
W35 1500 A: 1st Clare Elms 5:07.9

The Male vets team led the way after two strong runs from Charlie and Tony but Duncan couldn't quite match his run of the year before and he was caught by the South London vets team on the bottom of the final hill. However , as third team they won the overall third prize.

There should have been a female Vets award as Dulwich also won that easily with solid runs from Andrea Pickup, Nicola Richmond and Emma Ibell,
Other teams to do were Russell Daker, Martin Morley and Sue Cooper and Jo Shenton, Clare Osborne and Ruki Sidhwa and our M50 team of Colin Bailey Wood, Chris Loizou and ?
3 Dulwich Vets 44:29 (Charlie Lound 14:33, Tony Tuohy 14:17, Duncan Hussey 15:39)
1Mixed/6 Dulwich mixed 45:37 (Clare Elms 14:58, Wayne Lashley 14:55, Alex Elms 15:44)
1W/10 Dulwich Women 48:28 (Mel Edwards 18:21, Debbie Niccol 14:52, Shona McIntosh 15:15)
1M50/15 Dulwich M50 49:32 (Colin Bailey-Wood 16:47, Chris Loizou 16:06, Mike Mann 16:39)
3W/24 Dulwich Vets 51:46 (Andrea Pickup 16:47, Emma Ibell 17:30, Nicola Richmond 17:29)
32 Dulwich Mixed 2 54:23 (Russell Daker 17:22, Martin Morley 19:11, Sue Cooper 17:50)
51 Dulwich Vets 2 (Jo Shelton 19:06, Clare Osborne 20:42, Ruki Sidhwa 20:09)
Steve Smythe

Kent Championships, Ashford, May 13

The day after the relay, Clare wasn't expecting a great result but with just six turning up, it became clear that she was easily the quickest in the field. She let occasional training partner Cara Oliver lead the first lap before maintaining the same pace in the second and then accelerating on the third and kicking hard on the fourth.

Clare, who has previously won the 5000m, cross-country and won road titles, thus won her 1500m title. At 48 she is certainly the least youngest ever winner of the race and her winning margin of 14 seconds was one of the biggest ever.
1500m: 1st Clare Elms 4:53.09

Midland League, Cheltenham, May 5

Debbie Niccol's times being a second claimer don't count as club records but she ran Meredith Pannett's 10-year old 4:30.7 close with this win in a PB 4:31.1.

Assembly League, Blackheath, May 3

omitted from last weeks results
56 Ebe Prill 19:17

5km Results for May 12th

Brockwell

A Pb for Mark Foster

19 Mark Foster		19:18 (PB)
34 Nicola Richmond	3W	21:10
59 Anna Thomas	12W	23:03
92 Michelle Lennon	26W	25:56

Bromley

Excellent PBs for both Mike Fullilove and Oscar Hussey

27 Mike Fullilove	19:20 (PB)
28 Oscar Hussey	19:26 (PB)
49 Russell Daker	20:15
106 Martin Morley	22:11

385 ran (record – previous best 338)

Crystal Palace

Wins for regulars Will and Clare W

1 Will Davis		18:42
13 Clare Wyngard	1W	22:43
18 Mike Dodds		22:57
29 Anne Marie O'Dwyer	5W	24:19 (debut)
34 Jane Harbage	6W	24:29
44 Clare Osborne	9W	25:07
51 David Harbage		25:45

Dulwich

Mel Edwards did her first ever sub-21 5K to finish second while Ajay also set a best parkrun time.

10 John Fletcher		19:43
18 Ajay Khanderwal		20:51 (debut)
19 Mel Edwards	2W	20:55(deb./overrall PB)
25 Ian Sesnan		21:46
27 Graham Laylee		21:55
50 Jessica Sale	12W	24:43

Riddlesdown

Another win for Angie Norris.

1W/6 Angie Norris 20:46

1066 RELAY, 6 MAY: FULL INDIVIDUAL RESULTS

Mike Mann writes.....Since full results were not available for last week's edition, they are provided here. The absence of times also meant that some of our runners did not get a mention in last week's report, so these are noted below. Our 2 winning women's team and the numerous individual awards are recorded in last week's Shorts.

On Stage 1 Claire Tinker did well to finish 3rd F35, while on Stage 2 James Godber led the Dulwich team home narrowly ahead of Alexie, both finishing with faster times than last year despite the more difficult conditions underfoot. Angie Norris had a great run to finish 1st W45 and age graded winner.

Jozef Danko found the conditions tough but ran well. On Stage 3 the Dulwich contingent packed and slid impressively, with all 5 finishing in the first third of the field. Joanne Shelton, first W35 and Ian Sesnan both had solid runs on Stage 4, finishing close together. On Stage 5 Ebe Prill had a strong run to finish 6th, picking up two awards in the process, while our 2 women on the anchor stage cemented our 2 team wins.

Laura Stephens was 2nd woman and Louisa Pritchard was only seconds behind the first W35. The Stage 5 teams were completed by Joe Brady and Martin Morley, still running with the Stage 3 mudfest in his legs.

Stage 1 6.42 miles, rating 4

2 David Beaver 40:38 (1st M50)
(5 Nick Brown 41:37 (running for Hastings Runners)
7 Mike Mann 44:25 (age graded winner)
8 Andrea Pickup 44:37 (stage winner)
20 Claire Tinker 48:54
29 Ameet Patel 51:55

Stage 2 11.08 miles, rating 9

7 James Godber 78:17
8 Alexie Shaw 78:35 (stage winner)
10 Chris Loizou 80:39 (1st M50)
12 Angie Norris 84:36 (1st W45, age graded winner)
31 Jozef Danko 92:16

Stage 3 _ 3.2 miles, rating 3

8 John Fletcher 21:07
9 Mike Mann 21:30 (age graded winner)
10 Andrea Pickup 21:47 (1st F35)
11 Martin Morley 22:41
18 Sue Cooper 23:54

Stage 4 _7.05 miles, rating 7

1 Mike Williams 47:13 (stage winner)
10 Steve Williams 53:24 (age graded winner)
18 Mel Edwards 59:08 (stage winner)
25 Joanne Shelton 63:48 (1st F35)
26 Ian Sesnan 64:07

Stage 5 5.5 miles, rating 3

6 Ebe Prill 37:37 (1st M50, age graded winner)
16 Laura Stephens 41:05
22 Joe Brady 44:08
29 Louisa Pritchard 45:00
30 Martin Morley 45:03

DULWICH RUNNERS A.C.

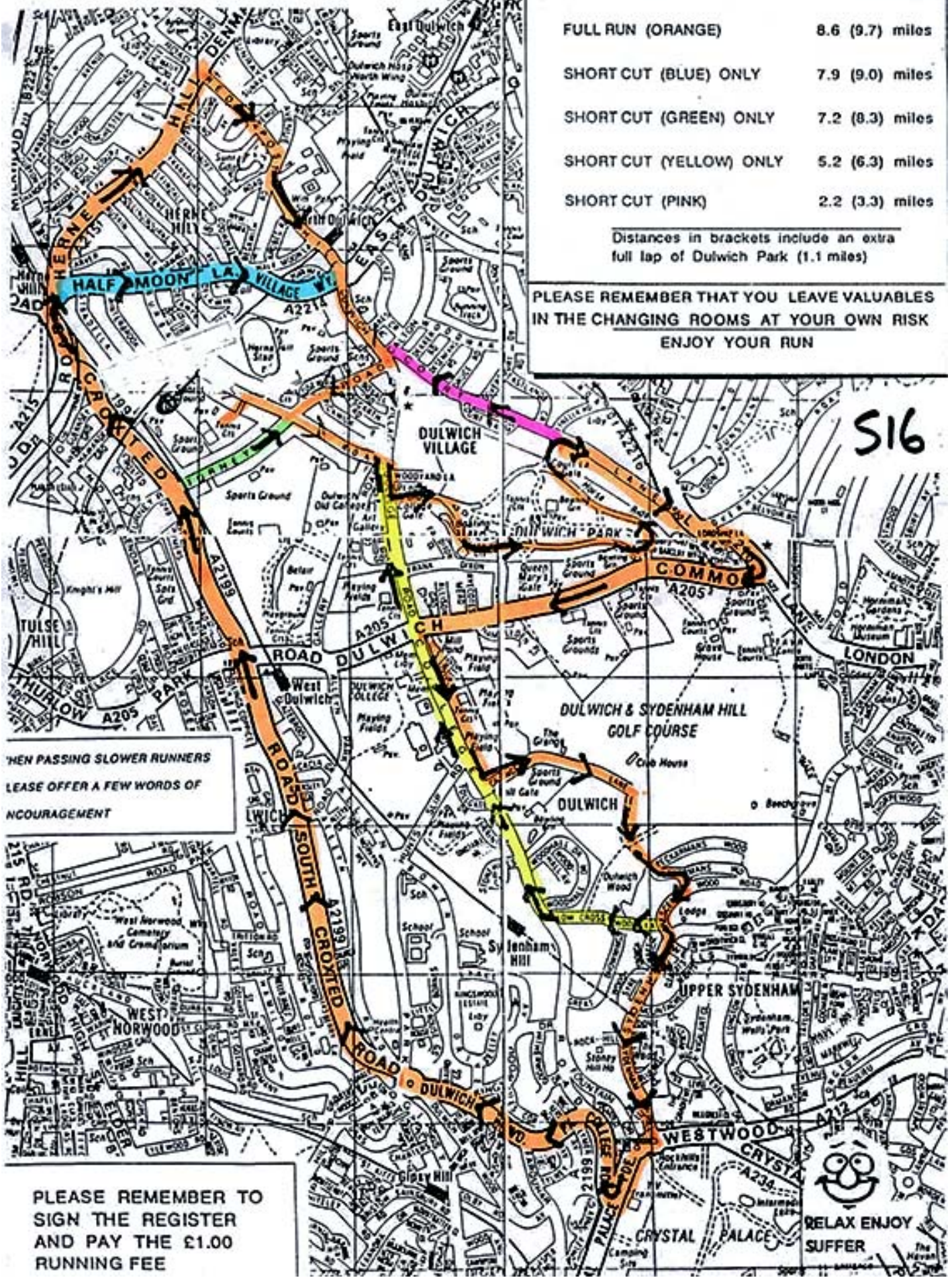
APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	8.6 (9.7) miles
SHORT CUT (BLUE) ONLY	7.9 (9.0) miles
SHORT CUT (GREEN) ONLY	7.2 (8.3) miles
SHORT CUT (YELLOW) ONLY	5.2 (6.3) miles
SHORT CUT (PINK)	2.2 (3.3) miles

Distances in brackets include an extra full lap of Dulwich Park (1.1 miles)

PLEASE REMEMBER THAT YOU LEAVE VALUABLES IN THE CHANGING ROOMS AT YOUR OWN RISK

ENJOY YOUR RUN



PLEASE REMEMBER TO SIGN THE REGISTER AND PAY THE £1.00 RUNNING FEE

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